

## ACNE

You don't have to be a teenager to be afflicted with acne now and then. An inflammatory skin disorder, acne is caused by your pores becoming clogged with dead cells and excess skin oil. Inflammation-causing bacteria living on your skin can exacerbate the condition, causing nodules and cysts, which may result in permanent scarring. Acne can damage your self-esteem and even cause depression, but it is treatable. Your dermatologist may prescribe topical retinoids and antibiotics for your acne. Natural healers sometimes recommend propolis, a bee product, to alleviate acne. Although clinical trials are lacking, scientific research supports propolis' antibacterial, anti-inflammatory and antioxidant effects.

### Propolis



Propolis contains antioxidant flavonoids, including quercetin, pinocembrin, galangin and pinobanksin. Caffeic acid and hydroquinone -- an organic compound often used in commercial cosmetic formulas to treat skin and lighten age spots -- are present as well. Propolis also contains magnesium, nickel, calcium iron and zinc. Drugs.com -- which provides peer-reviewed medical information to consumers -- credits propolis with antibacterial, anti-inflammatory and antioxidant effects, adding that the antioxidant powers of phenolic compounds in propolis, particularly caffeic acid, are more potent than both vitamin C and vitamin E. All of these compounds are beneficial when treating acne. In one study, propolis caused increased activity of superoxide dismutase, a powerful natural antioxidant found in the body. According to the South East Hertfordshire Beekeepers Association, propolis promotes wound healing by enhancing epithelial cell growth, increasing circulation and preventing scarring. Scientific research supports the ability of propolis to inhibit bacteria associated with acne. In a laboratory study published in 2006 in "Anaerobe," a team of Bulgarian researchers found that a propolis extract was active against most strains of anaerobic bacteria, including Propionibacterium species -- also known as P. acnes -- the bacteria responsible for acne

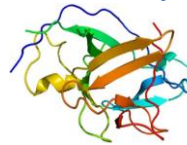
## EVENSWISS® REGENERATING PLASMA

### Key Benefits:

- Complex with revitalizing and regenerative properties for the epidermis
- Activates the self-regenerative capacity of skin
- Provides anti-inflammatory effects

### Key Ingredients:

#### 1. Dermatopietin Peptide Complex



#### 2. Aloe Barbadensis



#### 3. Uncaria Tomentosa



#### 4. Dioscorea Composita



#### 5. Acanthopanax Senticosus



#### 6. Soybean



#### 7. Vitamin E



#### 8. Vitamin A



inflammation. The researchers expressed the hope that their study would spark interest and encourage further medical research into propolis for the prevention and treatment of oral and skin diseases.

### **Acanthopanax Senticosus**

(Siberian Ginseng)



Eleutherosides are a class of chemical compounds that include saponins, sterol glycosides and phenylpropanoid glycosides. Along with certain polysaccharides, eleutherosides are believed to be the bioactive constituents responsible for the health benefits associated with Siberian ginseng ([Eleutherococcus senticosus](#)). Eleutherosides prepares the activity immune system compounds B- and T-cells to attack bacteria.

### **Dioscorea Composita**

(Wild Yam)



Wild yam it is filled with steroid saponins. Saponins are considered to have a wide range of therapeutic properties, including anti-inflammatory, antimicrobial, and antioxidant properties. Wild yam is also known for diosgenin, a specific steroidal saponin. Diosgenin is used as an anti-inflammatory. Diosgenin is a phytoestrogen, or plant-based estrogen, that can be chemically converted into a hormone called progesterone.

In most cases of hormonal acne there's an imbalance of estrogen and testosterone. Progesterone helps restoring the for women's hormonal balance.

### **Uncaria Tomentosa**

(Cat's claw)



Cat's claw (*Uncaria tomentosa*) is a medicinal plant that is native to the Amazon River basin, with a history of

### **9. Pullulan algae**



### **10. Propolis**



medicinal use for inflammatory conditions. Cat's claw contains many types of plant chemicals that help reduce inflammation, such as tannins and sterols, and fight various pathogens and viruses, such as quinovic acid glycosides. Two active compound groups, alkaloids and flavanols, are the magic healing properties of this plant.

Studies prove that the anti-inflammatory, antifungal, toxin-fighting, immune building and DNA repairing properties of this herb are phenomenal. It has been successfully used to treat many medical conditions like gastritis (inflammation of the stomach), ulcers, cancer, arthritis, rheumatism, irregularities of the female cycle, and **acne**.

#### Vitamin A



A systematic review published in the August 2004 issue of the "Journal of the American Medical Association" reported that several common topical vitamin A formulas were effective acne treatment.

#### Vitamin E



Research published in the May 2006 issue of "Clinical and Experimental Dermatology" reports that a group of 100 newly diagnosed and untreated people with acne had vitamin E blood levels that were significantly lower than vitamin E levels in people without acne. A study published in the June 2014 issue of "Cutaneous and Ocular Toxicology" also reported a link between low vitamin E blood levels and more severe acne.